

## School Nutrition-Environment State Policy Classification System

Definition of terms that are used throughout the SNESPCS	
Terminology	Definition
Competitive foods	USDA and GAO defined to include all foods and beverages sold outside of the reimbursable federal school meal program. <sup>1,2</sup>
Federal dietary guidelines	This refers to the 2005 federal dietary guidelines that recommends total fat intake of less than 35% of calories (saturated fat at less than 10% of calories) for ages 4 to 18; little added sugars or caloric sweeteners, and consumption of fiber rich fruit, vegetables and whole grains and non-fat dairy foods. <sup>3</sup>
Food of minimal nutritional value (FMNV)	Such food include carbonated beverages, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn (7 CFR 210 Appendix B). <sup>4,5</sup>
Food and beverages of low nutritive value	This refers to food and beverages providing most of its calories from fat and/or sugar and few vitamins and minerals.

### Competitive Foods: *A la carte* in cafeterias in Elementary (ES) Middle (MS) and High (HS) Schools

Score	Description
5	ES/MS/HS: State prohibits the sale or service of <i>A la carte</i> (individual) food and beverages outside the reimbursable school meal programs, with exceptions only for the sale or service of water, low-fat / non-fat milk, beverages with at least 100% fruit/vegetable juice with no added caloric sweeteners, and non-fried fruit and vegetables.
4	ES/MS/HS: State mandates nutrition standards that meet or exceed federal dietary guidelines, <sup>3</sup> with specified limits on fats and added sugar and requirement(s) for nutrient-dense options, applicable to all <i>A la carte</i> food and beverage items sold or served in cafeterias outside the school meal program.
3	ES/MS/HS: State restricts sale/service of <i>A la carte</i> food and beverages of low nutritive value beyond federal requirements for FMNV, but without establishing nutrition standards that meet or exceed federal dietary guidelines. <sup>3</sup>
2	ES/MS/HS: State requirement for <i>A la carte</i> food and beverages sold or served in cafeterias outside the school meal program is undefined (e.g., "healthy" foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to <i>A la carte</i> sales/service.
1	ES/MS/HS: State recommends nutrition standards for <i>A la carte</i> items.
0	ES/MS/HS: No provision.
<b>Tracking variable</b>	<u>Potential enhancement factor</u> : Applies if state specifies portion sizes. <u>Potential enhancement factor</u> : Applies if penalties are established for violations.

**Competitive Foods: Vending Machines** in Elementary (ES) Middle (MS) and High (HS) schools

<b>Score</b>	<b>Description</b>
<b>6</b>	ES/MS/HS: State prohibits the sale or service of non-reimbursable food and beverages in vending machines (or student access to vending machines selling such items), with exceptions only for the sale or service of water, low-fat / non-fat milk, beverages with at least 100% fruit/vegetable juice with no added caloric sweeteners, and non-fried fruit and vegetables.
<b>5</b>	ES/MS/HS: State mandates nutrition standards that meet or exceed federal dietary guidelines, <sup>3</sup> with specific limits on fats and added sugar and specific requirement(s) for nutrient-dense options, applicable to all food and beverage items sold or served outside the school meal program in vending machines (or access to such vended items).
<b>4</b>	ES/MS/HS: State prohibits, at any time during school hours (beyond meal service times in the cafeteria), vending (or access to vending) of FMNV, including, but not limited to, carbonated beverages (e.g., no vended soda during school hours).
<b>3</b>	ES/MS/HS: State mandates a restriction on vended food/beverages of low nutritive value beyond federal requirements for FMNV, but for fewer than all school hours.
<b>2</b>	ES/MS/HS: State requirement for food and beverages sold/served in vending machines outside the school meal program is undefined (e.g., “healthy” foods and beverages must be available); or state requires the development of nutrition standards applicable to vending machines sales/service.
<b>1</b>	ES/MS/HS: State recommends nutrition standards for vended items.
<b>0</b>	ES/MS/HS: No provision.
<b>Tracking variable</b>	<u>Potential enhancement factor</u> : Applies if State specifies portion sizes for vended items. <u>Potential enhancement factor</u> : Applies if penalties are established for violations.

**Competitive Foods: Other venues in Elementary (ES) Middle (MS) and High (HS) Schools**

<b>Score</b>	<b>Description</b>
<b>6</b>	ES/MS/HS: State prohibits the sale or service of non-vended food and beverages sold or served outside of (reimbursable) school meal programs, with exceptions only for the sale or service of water, low-fat/ non-fat milk, beverages with at least 100% fruit/vegetable juice with no added caloric sweeteners, and non-fried fruit and vegetables.
<b>5</b>	ES/MS/HS: State mandates nutrition standards that meet or exceed federal dietary guidelines, <sup>3</sup> with specific limits on fats and added sugar and specific requirement(s) for nutrient-dense options, applicable to all food and beverage items sold or served outside the school meal program in any non-vended setting (i.e., school stores/canteens/snack bars, fundraisers, and classrooms).
<b>4</b>	ES/MS/HS: State prohibits, at any time during school hours (beyond meal service times in the cafeteria), non-vended sales or service food or beverages of FMNV's including, but not limited to, carbonated beverages.
<b>3</b>	ES/MS/HS: State mandates a restriction on sales or service of food/beverages of low nutritive value in settings that include, but are not limited to, stores/canteens/snack bars, applicable beyond federal requirements for FMNV, but for fewer than all school hours
<b>2</b>	ES/MS/HS: State requirement for non-vended food and beverages sold/served outside the school meal program is undefined (e.g., "healthy" foods and beverages must be available); or state requires a state agency to develop and adopt nutrition standards applicable to non-vended settings.
<b>1</b>	ES/MS/HS: State recommends or offers voluntary guidelines for non-vended food/beverages sold outside the school meal program.
<b>0</b>	ES/MS/HS: No provision.
<b>Tracking Variables</b>	<u>Potential enhancement factor</u> : Applies if state specifies portion sizes. <u>Potential enhancement factor</u> : Applies if penalties are established for violations.

**Reimbursable School Meal in Elementary (ES) Middle (MS) and High (HS) Schools**

<b>Score</b>	<b>Description</b>
<b>3</b>	ES/MS/HS: State addresses nutrition in (reimbursable) school meal programs with specific requirements or standards that exceed compliance with federal regulations for school meals (7 CFR 210 for the National School Lunch Program and 7 CFR 220 for the School breakfast program) (e.g., State prohibits deep-fried foods in school meals and requires school menus to include nutritional information).
<b>2</b>	ES/MS/HS: State addresses nutrition in (reimbursable) school meal programs with a general mandate to develop and adopt requirements or standards that exceed compliance with federal regulations (e.g., State Board of Education is required to establish nutrition standards for all food and beverages sold or served in schools, including school nutrition programs).
<b>1</b>	ES/MS/HS: State recommends nutrition standards for school meals that exceed compliance with federal regulations.
<b>0</b>	ES/MS/HS: No provision.

### School Meal Environment

Score	Description
3	State mandates two standards (beyond the school meal federal requirements) <sup>6,7</sup> for designated meal periods, in categories such as: (1) specific meal scheduling time requirements (e.g., lunch must be served between 11 a.m. and 1 p.m. and/or lunch must follow recess), and (2) specific eating time requirements (e.g., school must provide 20 minutes for students to eat after students are seated)
2	State mandates one standard (beyond the school meal federal requirements) <sup>6,7</sup> for designated meal period, in categories such as: (1) specific meal scheduling time requirements (e.g., lunch must be served between 11 a.m. and 1 p.m.), and/or (2) specific eating time requirements (e.g., school must provide 20 minutes for students to eat after students are seated).
1	State recommends requirements for designated meal periods that exceed compliance with federal regulations for the school meal.
0	No provision.

### Food Service Director Qualifications

Score	Description
4	State requires newly-hired district food service directors to have a minimum of a bachelor's degree in nutrition, dietetics, food service management, (or related field) or certification/credentialing from either a state or national program (e.g., American School Food Service Association or American Dietetic Association) at a level that specifies a post-secondary degree and a minimum requirement for specialized training in a nutrition-related field.
3	State requires newly-hired food service directors to have a minor in a nutrition, dietetics, food service management (or related field) or certification/credentialing that specifies a post-secondary degree (e.g., associate's degree) and a minimum requirement for specialized training in a nutrition-related field.
2	State requires newly-hired district food service directors to have a high school degree / GED and, in addition, a minimum requirement for specialized training in a nutrition-related field; or state requires certification/credentialing that specifies a HS/GED degree with a minimum requirement for specialized training in a nutrition-related field.
1	State recommends credentials for food service directors (or State certification is voluntary).
0	No provision.
<b>Tracking variable</b>	<u>Potential enhancement factor</u> : applies if state addresses professional development for food service directors, whether related to certification or otherwise.

### Coordinating or Advisory Councils

Score	Description
3	State mandates that districts or schools form school health coordinating or advisory councils that include a nutrition component (e.g., Coordinated School Health Program (CSHP)), whether linked to local wellness policies required by the federal "Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265 section 204)" or otherwise, establishes a state-wide infrastructure to support such programs.
2	State mandates that districts or schools form school health coordinating or advisory councils (e.g., Coordinated School Health Program (CSHP)), whether linked to local wellness policies required by the federal "Child Nutrition and WIC Reauthorization Act of 2004" or otherwise.
1	State recommends voluntary coordinating or advisory councils for districts or schools.
0	No provision.
<b>Tracking variable</b>	<u>Potential enhancement factor</u> : applies if state creates a board/commission/ committee to provide advice and recommendations related to nutrition and youth overweight policies.

**Nutrition Education** in Elementary (ES) Middle (MS) and High (HS) Schools

<b>Score</b>	<b>Description</b>
<b>4</b>	ES/MS/HS: State requires a curriculum to incorporate/integrate sequential nutrition education content into standards-based health education curriculum with reference to specific nutrition standards.
<b>3</b>	ES/MS/HS: State requires a curriculum to incorporate/integrate sequential nutrition education content into standards-based health education curriculum without reference to specific nutrition standards.
<b>2</b>	ES/MS/HS: State requires a curriculum to incorporate nutrition education content into health curriculum without reference to any additional requirements.
<b>1</b>	ES/MS/HS: State recommends nutrition education content.
<b>0</b>	ES/MS/HS: No provision.
<b>Tracking variables</b>	<p><u>Potential enhancement factor</u>: applies if state specifies that schools must integrate/ coordinate nutrition instruction in the school with the food service program and/or instruction in other subjects.</p> <p><u>Potential enhancement factor</u>: applies if state specifies hours of student instruction per year (e.g., 50 hours per year) and/or hours of nutrition education professional development (e.g., 10 hours per year).</p>

**Marketing: Advertising**

<b>Score</b>	<b>Description</b>
<b>5</b>	State mandates the promotion of non-commercial healthy school nutrition information / activities and prohibits commercial advertising/promotion of food and beverages that do not conform to specified nutrition standards that meet or exceed federal dietary guidelines. <sup>3</sup>
<b>4</b>	State prohibits commercial advertising/promotion of all food and beverages that do not conform to specified nutrition standards that meet or exceed federal dietary guidelines. <sup>3</sup>
<b>3</b>	State limits commercial advertising/promotion for low-nutrient food and beverages in certain locations and/or at certain times (e.g., direct advertising, such as a requirement to switch vending machine signage for soda to signage for water; or indirect advertising, such as a ban on providing FMNV's <sup>3</sup> and all forms of candy as a free promotion).
<b>2</b>	State requirement for advertising/marketing is undefined (e.g. schools must promote "healthy" food choices and prohibit advertising/marketing of "less healthy" food and beverages); or state requires districts or schools to develop and adopt a standard for commercial advertising/promotion of food or beverages. State prohibits all advertising associated with instruction.
<b>1</b>	State recommends a standard for nutrition-based marketing of food and beverages to students during the school day.
<b>0</b>	No provision.
<b>Tracking variables</b>	<p><u>Potential enhancement factor</u>: applies if a state addresses the use of commercial food products (through coupon, incentives or other means) as a reward for school achievement.</p> <p><u>Potential inhibiting factor</u>: applies if a state explicitly permits commercial advertising / promotion for food and beverages that may not conform to the federal dietary guidelines<sup>3</sup> (e.g. State permits commercial advertisement on protective book covers).</p>

### Marketing: Preferential Pricing

Score	Description
4	State mandates preferential pricing, applicable to multiple settings, to promote nutrient-dense food or beverages choices (e.g., preferential pricing of fruits and vegetables wherever sold or served in school).
3	State mandates preferential pricing, applicable to a single setting or food group to promote nutrient-dense food or beverages choices (e.g., vending prices may not favor carbonated beverages over water or 100% fruit juice).
2	State mandates a general requirement for preferential pricing (e.g., districts or schools shall promote healthy foods through preferential pricing); or State requires districts or schools to develop and adopt a policy related to preferential pricing for nutrient-dense food and beverages,
1	State recommends preferential pricing to promote nutrient-dense food or beverage choices.
0	No provision.
<b>Tracking variable</b>	<b>Potential enhancement factor:</b> applies if state addresses placement of food or beverages to promote nutrient-dense food and beverage choices* (e.g., fruits and vegetables should be offered at all points of service).

### Body Mass Index (BMI) Screening

Score	Description
3	State mandates that schools perform annual BMI screening of all students (if not exempted by parents).
2	State mandates that schools perform BMI screening of students in fewer than all grade levels (if not exempted by parents).
1	State recommends or explicitly permits student screening for BMI.
0	No provision.
<b>Tracking variables</b>	<p><b>Potential enhancement factor:</b> applies if state addresses required procedures for BMI screening (e.g., State requires schools to develop rules for screening, including use of CDC's EPI-info computer program).</p> <p><b>Potential enhancement factor:</b> applies if state addresses required procedures for notification to parents and referral (e.g., State requires schools to develop rules to ensure confidentiality/privacy and referrals to health care system).</p> <p><b>Potential enhancement factor:</b> applies if state-wide agency is authorized to establish a surveillance system to track childhood overweight data.</p>

### References

- <sup>1</sup> USDA (United States Department of Agriculture). National School Lunch Program: foods sold in competition with USDA school meal programs. A report to Congress, 2001. Washington, D.C.: USDA;2001. [cited 2006 Sept 25]. Available from: [http://www.fns.usda.gov/cnd/lunch/competitivefoods/report\\_congress.htm](http://www.fns.usda.gov/cnd/lunch/competitivefoods/report_congress.htm).
- <sup>2</sup> GAO (Government Accounting Office). School Meal Programs: Competitive Foods are Widely Available and Generate Substantial Revenues for Schools. GAO-05-563. Washington, DC: GAO; 2005.
- <sup>3</sup> U.S. Department of Health and Human Services and (USDA) U.S. Department of Agriculture. Dietary guidelines for Americans. 2005 Jan [cited 2005 Feb 3]. Available from: <http://www.healthierus.gov/dietaryguidelines/>.
- <sup>4</sup> School Breakfast Program, 7 C.F.R. 220.12 (2005). Available from: [http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfrv4\\_05.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfrv4_05.html).
- <sup>5</sup> National School Lunch Program, 7 C.F.R. 210.11 and 7 C.F.R. 210 (Appendix B) (2005). Available from: <http://www.fns.usda.gov/cnd/menu/fmnv.htm>